



Chicken-and-Rice Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



522 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup freshly cheddar cheese shredded
- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 1 leaf garnish: flat parsley sprigs fresh
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 15.8 oz bush's great northern beans rinsed drained canned
- ☐ 1 cup milk
- ☐ 0.3 teaspoon pepper freshly ground

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8.8 oz rice mix long grain wild ready-to-serve

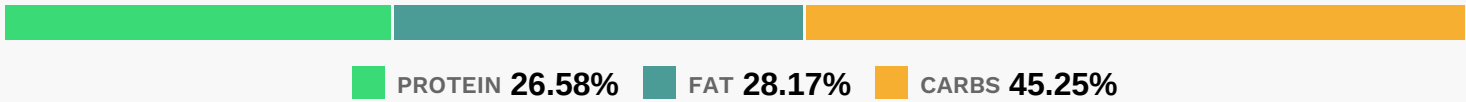
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Prepare rice according to package directions.
- ☐ Stir together beans, next 5 ingredients, and rice in a large bowl.
- ☐ Pour mixture into a lightly greased 11 x 7 inch baking dish.
- ☐ Sprinkle with cheese and breadcrumbs.
- ☐ Bake at 425 for 15 to 18 minutes or until thoroughly heated and cheese is melted.
- ☐ Let stand 5 minutes before serving.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:44.2, Glycemic Load:22.44, Inflammation Score:-6, Nutrition Score:20.721304167872%

Flavonoids

Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

Nutrients (% of daily need)

Calories: 521.99kcal (26.1%), Fat: 16.13g (24.82%), Saturated Fat: 6.74g (42.11%), Carbohydrates: 58.33g (19.44%), Net Carbohydrates: 52.31g (19.02%), Sugar: 2.63g (2.92%), Cholesterol: 80.28mg (26.76%), Sodium: 584.68mg (25.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.26g (68.51%), Selenium: 34.77µg (49.67%), Manganese: 0.94mg (47.12%), Phosphorus: 456.51mg (45.65%), Vitamin B3: 7.25mg (36.26%), Calcium: 270.84mg

(27.08%), Vitamin B6: 0.49mg (24.34%), Fiber: 6.02g (24.07%), Folate: 94.04µg (23.51%), Zinc: 3.25mg (21.7%), Vitamin B2: 0.35mg (20.53%), Iron: 3.62mg (20.09%), Copper: 0.4mg (20.06%), Magnesium: 76.91mg (19.23%), Vitamin B1: 0.27mg (17.97%), Potassium: 614.95mg (17.57%), Vitamin B5: 1.66mg (16.57%), Vitamin K: 16.8µg (16%), Vitamin B12: 0.64µg (10.63%), Vitamin A: 447.14IU (8.94%), Vitamin D: 0.56µg (3.74%), Vitamin E: 0.49mg (3.28%), Vitamin C: 2.13mg (2.58%)